

SUMMER 2023 SMALL GROUP TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
12PM	Boxing 101 #1 (BOX) 12:00-1:00PM Jordan		Boxing 101 #1 (BOX) 12:00-1:00PM Jordan		
2PM	Boxing 201 #1 (BOX) 2:00-3:00PM Jordan		Boxing 201 #1 (BOX) 2:00-3:00PM Jordan		
4PM		Boxing 101 #2 (BOX) 4:00-5:00PM Jasmine		Boxing 101 #2 (BOX) 4:00-5:00PM Jasmine	
5PM	Happy, Alive, and Built to Survive! (C) 5:45-6:45PM Yazan	Women's Weightlifting (C) 5:00-6:00PM Asheila	Happy, Alive, and Built to Survive! (C) 5:45-6:45PM Yazan	Women's Weightlifting (C) 5:00-6:00PM Asheila	
6PM	Kickboxing (BOX) 6:15-7:15PM Jack		Kickboxing (BOX) 6:15-7:15PM Jack	Beach Bod (C) 6:15-7:15PM Yazan	Beach Bod (C) 6:15-7:15PM Yazan
		Boxing 201 #2 (BOX) 6:30-7:30PM Jasmine		Boxing 201 #2 (BOX) 6:30-7:30PM Jasmine	Defensive Arts & Personal Well-being (F) 6:00-8:00PM Mike



Recreational Sports

Student Affairs

UNIVERSITY OF GEORGIA

PURCHASE SMALL GROUP TRAINING:

[SHOP.RECSPORTS.UGA.EDU](https://shop.recports.uga.edu)

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SESSION 1 JUNE 5-JUNE 30 | SESSION 2 JULY 3-JULY 30

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Beach Bod	<p>Beach Bod is a progressive, goal-oriented class will consist of multiple training styles including HIIT, MetCon, and circuit training that will focus on efficiently burning calories, increasing muscle, and toning your body in a health way just in time for your beach plans. Get ready to work out in a fun, supportive, community environment!</p>
Boxing 101	<p>Learn basic punches, correct footwork, and basic patterns of movement in this progressive, skill-based class. Boxing improves core strength, cardiovascular conditioning, functional strength, and mental focus. Wrist straps are required and can be purchased at the pro shop located at the admissions desk.</p>
Boxing 201	<p>Boxing 201 is designed for those who want more advanced training. This progressive, skill-based class will challenge your limits while maintaining a strong focus on technique. Wrist straps are required and can be purchased at the pro shop located at the admissions desk.</p>
Defensive Arts & Personal Well-being	<p>Strengthen your body, challenge your mind, and learn how to protect yourself. This class will consist of learning efficient and effective striking techniques while integrating some cardio and strength training. Striking techniques will be linked to addressing/escaping simulated real-world scenarios (holds and chokes). Psychoeducation will be a major component with discussions and lessons on the physiological and psychological reactions experienced in high stress situations. Participants will learn skills to cope with stress and practice self-awareness. Class is ideal for those with little to no experience, but all skill levels are welcome.</p>
Happy, Alive & Built to Survive!	<p>This progressive, goal-oriented, class is designed to provide customized exercise regimens catered to cancer survivors. The class will be led by instructors trained in cancer survivorship, post-rehabilitation exercise, and supportive cancer care. Instructors will create a fun, supportive, community environment for all cancer survivors and their supporters! Cancer survivors & supporters interested in participating in the Happy, Alive & Built to Survive program through the East Georgia Cancer Coalition should complete this form to register.</p>
Kickboxing	<p>Kickboxing is an all levels class teaching the fundamentals of kickboxing as well as more advanced movements while improving total body conditioning.</p>
Women's Weightlifting	<p>Do you find weightlifting intimidating? Are you looking to improve your form and technique? This women's-only progressive, goal-oriented class will teach proper form and technique for major lifts such as the squat, deadlift, bench press, and power clean. You will also learn how to develop your own weightlifting program to your individual needs and goals. Get ready to work out in a fun, supportive, community environment!</p>



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